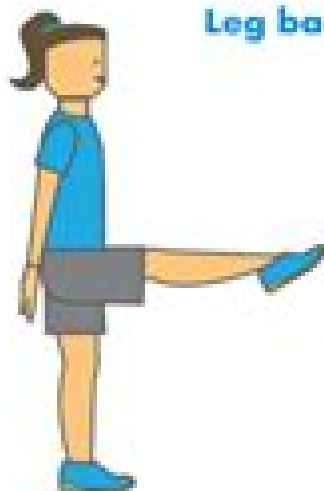
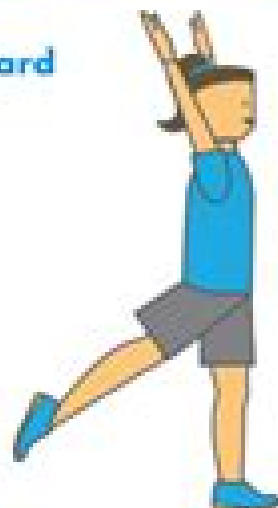




Leg forward



Leg backward



Leg high backward



Leg backward,
torso forward



Tree Yoga
pose



ADVANCED

Leg high
to the side



Skills And Tactics Of Gynmastics

Peter Aykroyd



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